

Media, PA — Former three-star Admiral Joe Sestak, now serving his first term as Congressman in Pennsylvania's Seventh District, honored veterans in a number of occasions over Memorial Day weekend.

On Saturday morning, Congressman Sestak launched an outreach program for the Veterans History Project. Created in 2000 by the United States Congress, the Veterans History Project at the Library of Congress seeks to collect and archive the personal recollections of U.S. wartime veterans to honor their service and share their stories with current and future generations. The Project also collects stories from homefront civilians who worked in support of our armed forces. High school students throughout the district will record interviews with veterans to document their wartime experiences and learn from their example.

"It is important that we work closely to record the thoughts and recollections of our veterans to ensure that future generations, particularly our students, have access to the memories and experiences of veterans acquired during their service to the nation," said Congressman Sestak. "These individual stories will provide historians with invaluable information to give context to some of the greatest moments in our history and some of the most tragic. Just as important, it will provide the public with a way to remember and celebrate the sacrifices made by the men and women who have fought to protect our freedom."

After launching the Veterans History Project, Congressman Sestak was joined by volunteers and his family and marched in the Marcus Hook Memorial Day Parade.

Congressman Sestak is attending a number of Memorial Day events on Sunday.

He joined the congregation of Paoli Presbyterian Church in their Memorial Day Tribute during their Sunday service and spoke about the importance of honoring public service. Congressman Sestak read the number of American soldiers killed in every conflict since the Revolutionary War while children and veterans laid flowers on an American flag during the Floral Tribute Service.

Congressman Sestak will speak at the annual Ridley Park Presbyterian Church Memorial

Service and present the church with a flag that was flown over the U.S. Capitol. Pfc. Daniel O'Brien of the United States Marine Corps will raise the flag on the church flagpole.

Congressman Sestak will then participate in the American Legion Murray Stuart Post 566 Glenolden Memorial Day Ceremony. Post 566 is the oldest American Legion in Delaware County and their ceremony honors fifteen soldiers from the Civil War to the Vietnam War buried in Knowles Cemetery

"Our men and women in uniform have served our country courageously and performed brilliantly – just as they always do," said Congressman Sestak. "Memorial Day is one day a year, but we should remember every day those who have fallen, care for those who are injured in our ongoing conflicts overseas, and honor those who have served."

Congressman Sestak will conclude Sunday by participating in the Veterans Monument Dedication and Parade at West Laurel Hill Cemetery in Bala Cynwd. The "Heroes Memorial" monument dedication will include a parade with service members, police, firefighters and a 21 gun salute.

"I am who I am because of my father. I joined the Navy and proudly served my country for 31 years because of his example of public service," said Congressman Sestak. "He inspired me to serve my country. While we honor our veterans' sacrifices this weekend, this monument will be a daily reminder of their great service."

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "DeepBlue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. House of Representatives.

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